

Memory Matters



A publication for the patients, families and friends of the Johns Hopkins Memory & Alzheimer's Treatment Center
Fall/Winter 2008

The New Johns Hopkins Memory & Alzheimer's Treatment Center



Our new waiting room



Nurses' workstation



An exam room

From Our Directors

Dear Friends,

We are excited to present you the first edition of the Johns Hopkins Memory & Alzheimer's Treatment Center newsletter. This semi-annual publication is intended to provide you with valuable resources and articles about Alzheimer's disease and related disorders, tips and stories from patients and caregivers, and to keep you informed about what's new at the Memory Center. Enjoy!

Regards,

Constantine Lyketsos, M.D., MHS
Chair of Psychiatry, Johns Hopkins Bayview

Christopher Durso, M.D., MBA, MGSF
Chief of Geriatric Medicine, Johns Hopkins Bayview

Richard O'Brien, M.D., Ph.D.
Chair of Neurology, Johns Hopkins Bayview



(From left to right) Drs. O'Brien, Lyketsos and Durso

This is a newsletter for you. We encourage you and your family to share your comments and story ideas with us. Feel free to call Marina Tompkins, LGSW, at 410-550-9031 or e-mail mtompki2@jhmi.edu.



Vision Becomes Reality

After numerous sketches and lengthy meetings with developers, Johns Hopkins Bayview Medical Center's newest outpatient service was unveiled to patients and families. On Monday, August 11, the first patients of the Johns Hopkins Memory & Alzheimer's Treatment Center walked through the doors of the renovated space on the fourth floor of the Alpha Commons Building.

The Memory Center offers patients and families the expertise of neurologists, neuropsychiatrists, geriatricians, occupational therapists, social workers and specialized dementia trained nurses. "This is an exciting time for a new multidisciplinary center to address the ever-growing needs of our society," says Rob Bartlett, administrator of psychiatry at Johns Hopkins Bayview Medical Center and who provides administrative oversight for the Memory Center.

Memory Center Spotlight

This feature highlights different members of our team.

What do you enjoy most about working at the Memory Center?



Jessica Belford, clinic office assistant

"Since working at the Memory Center, I've found that patients are very friendly and I enjoy doing my best to make them as comfortable as possible. They may come in frowning, but they always leave smiling."



Lisa Dawson, clinic nurse

"In addition to enjoying my work with patients, this is a new place. It's exciting and a great opportunity to be part of something new. The families are great, too. They are so nice and I enjoy all of their diverse backgrounds."



Marcy Post, clinic manager

"I enjoy having the opportunity to impact and serve those with memory concerns and problem by partnering with such great physicians, clinicians and staff to create the best experience possible for our patients."

Highlights of the Memory Center:

- Provides interdisciplinary evaluation and treatment by a large team of neuropsychiatrists, neurologists and geriatric medicine specialists
- Promotes consultation and ongoing care in close collaboration with the primary care physician
- Conducts thorough evaluations, including cognitive testing, which allows for efficient assessment of individuals who may or may not have progressive memory disorders
- Offers state-of-the-art 3-Tesla MRI scanning and an on-site brain PET scanner to assist in the difficult diagnoses
- Develops and implements comprehensive treatment plans for patients with all forms of memory disorders and associated conditions, such as depression
- Provides caregiver and family support, and education by nurses, occupational therapists and social workers who specialize in the care of these patients
- Offers access to clinical trials that research therapies for Alzheimer's disease and related conditions



Stimulating Your Mind

Studies have found that stimulating the mind can strengthen and create new brain cells, as well as new connections between brain cells. Steve, a patient at the Memory Center, recognizes the importance of mental activity as part of staying healthy. When asked about how he maintains a healthy lifestyle, Steve says, “Staying active is especially important. I exercise and also continue to surround myself with people and have an active social life. Being around people forces me to keep my brain going.”

Maintaining a sharp, active mind is as essential as staying physically active and maintaining a diet rich in fiber and dark green vegetables. Regardless of whether you have many friends or few, it is helpful to continue to find ways to be with people and engage yourself in activities that exercise your brain. Strive to keep your brain active by stimulating your mind and being engaged everyday.

Stimulate your mind by:

- Committing to life-long learning
- Playing games
- Gardening
- Socializing with friends
- Traveling
- Dancing

Researchers associated with the Memory Center are interested in investigating the effect of intellectual stimulation. They are currently conducting a study to examine the benefits of memory training sessions for individuals with mild memory problems.

For additional tips on engaging your mind, visit the Alzheimer’s Association on the web at www.alz.org. For more information about research at the Memory Center, call the research information line at 410-550-6493.



Brain Teaser

Find the missing letter.

J ? M A M J J A S O N D

The answer can be found on the last page of the newsletter.

Research at the Memory Center

Are you interested in helping Memory Center researchers in their quest to conquer Alzheimer’s disease?

Opportunities are available for individuals with or without memory impairments. Current studies range from investigative drug therapies to paper and pencil evaluations that examine age-related changes over periods of time.

To learn more information about current research study opportunities, call our research information line at 410-550-6493.

The Johns Hopkins Memory & Alzheimer's Treatment Center

Director

Constantine Lyketsos, M.D.

Co-directors

Richard O'Brien, M.D., Ph.D.
Christopher Durso, M.D.

Faculty

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Caregiver Programs

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Ann Morrison, RN, Ph.D.

Coordinator

Marina Tompkins, LGSW

Clinic Manager

Marcy Post, RN, MSN

Clinic Nurses

Lisa Dawson, RN, BSN
Jennifer Mason, RN, BSN

Clinic Office Assistants

Jessica Belford
Deborah Dunlop

Contact us!

Johns Hopkins Memory and
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5300 Alpha Commons Dr.,
Floor 4
Baltimore, MD 21224
hopkinsmedicine.org/memory

Clinic Information

410-550-6337

Research Information

410-550-6493

Community Outreach

410-550-2281

Patient and Family Support Groups

Support groups offer patients and loved ones a safe place to speak with others who have similar concerns and questions about coping with memory loss or related disorders. Support groups provide mutual support, practical information and helps members learn more about living with memory loss. Support groups are free and open to the public.

Memory Loss Discussion Group

If you have been recently diagnosed with Alzheimer's disease or mild cognitive impairment and are interested in meeting with other individuals who share your same diagnosis, please contact Marina Tompkins, LGSW, at 410-550-9031 or e-mail mtompki2@jhmi.edu.

Caregiver Support Group, offered twice a month

Second Thursday of every month

12:30 to 1:30 p.m.

Hopkins ElderPlus

Mason F. Lord Building, East Tower, 1st Floor

Second Wednesday of every month

6:00 to 7:15 p.m.

John R. Burton Pavilion

Plaza Conference Room

For more information about our caregiver support groups, please contact Susan Guido or Deny Stiassny at 410-550-7044.

Brainteaser

Answer: F

The letters are the first letters of each of the 12 months. The second month is February.

Outreach Corner

Did you know the Johns Hopkins Memory & Alzheimer's Treatment Center actively partners with local community businesses and organizations to spread the word about Alzheimer's disease awareness?

The outreach program was established to ensure that people from all backgrounds have access to the best possible care, information and research on memory disorders. Program activities include conferences, lectures and workshops for families and professionals; outreach to community organizations and groups to publicize care and research; and collaboration with other organizations that serve patients and families. This past September's Holistic Health Seminar on Memory Loss held at Epworth United Methodist Chapel and the partnership with the Baltimore City Health Department's Senior Companion Program are some examples of recent outreach efforts.

Join us on the road...

Saturday, November 8, 2008

Pythias A. and Virginia I Jones 4th Annual African American Community Forum
Coppin State University
2500 W. North Avenue
Baltimore, MD 21215

For more information, call the Alzheimer's Association at 410-561-9099.